

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 07-13-09)

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A085 – BEANS, CANNED, REFRIED, DRY, LOW-SODIUM, #10

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade 2 canned dry pinto beans, no added fat, with salt content not to exceed 0.5%.
PACK/YIELD	<ul style="list-style-type: none"> 6/#10 cans per case. Each can contains about 110.5 oz refried beans. One #10 can AP yields about 11¾ cups heated refried beans and provides about 47.6 ¼-cup servings heated refried beans OR about 23.8 ½-cup servings heated refried beans. CN Crediting: ¼ cup heated refried beans provides 1 oz-equivalent meat/meat alternate OR ¼ cup refried beans provides ¼ cup vegetable BUT NOT both components at the same meal.
STORAGE	<ul style="list-style-type: none"> Store unopened canned refried beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. Store opened canned refried beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Meat & Bean Group
Go lean with protein
MyPyramid.gov

Nutrition Information

Beans, refried, canned

	¼ cup (63 g)	½ cup (126 g)
Calories	59	118
Protein	3.46 g	6.92 g
Carbohydrate	9.78 g	19.57 g
Dietary Fiber	3.3 g	6.7 g
Sugars	0.14 g	0.29 g
Total Fat	0.79 g	1.60 g
Saturated Fat	0.30 g	0.60 g
Trans Fat	N/A	N/A
Cholesterol	5 mg	10 mg
Iron	1.05 mg	2.09 mg
Calcium	22 mg	44 mg
Sodium	70 mg	140 mg
Magnesium	21 mg	42 mg
Potassium	168 mg	336 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	3.8 mg	7.6 mg
Vitamin E	0 mg	0 mg

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. • Use a clean and sanitized can opener. • Heat slowly at a low to medium temperature in a steam-jacketed kettle or a steamer to an internal temperature of 135 °F. Stir occasionally to distribute heated beans. Do not overheat because beans can burn and dry out quickly.
USES AND TIPS	<ul style="list-style-type: none"> • Serve refried beans hot. Serve as an accompaniment to a main dish, and may be topped with grated cheese or picante sauce. As part of the main dish, refried beans may be featured in various Mexican entrees, such as bean burrito, bean tostadas, chiles rellenos, or nachos frijoles.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time. • Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds. • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.